meal planning

FOR DIABETICS IN CANADA

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THE CDA MEAL PLANNING BOOKLET

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MEAL PLANNING
FOR DIABETICS IN CANADA

This, the Third Edition of this publication, has been prepared after consultation with and recommendations from 94 representative members of the Canadian Dietetic Association. A central committee, under the chairmanship of Miss Isabel Lockerbie, National Diet Counsellor to the Canadian Diabetic Association, co-ordinated the numerous revisions made in this edition. It is known that these changes will make this system acceptable and worthwhile in all parts of Canada. It has also been approved for use by the Medical Advisory and National Boards of the Canadian Diabetic Association, 1491 Yonge Street, Toronto 7, Ont. The Association wishes to express its appreciation of the valuable services rendered to the diabetics of Canada by the following:

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DIET COUNSELLORS

Any diabetic seeking advice about diet, may consult either of these counsellors with the permission of the family doctor. This service is provided free, originally with support from the Atkinson Charitable Foundation in Ontario and now from the Connaught Medical Research Laboratories, The Gladys and Merrill Muttart Foundation and the Vancouver and District Branch of the Association.

Miss Isabel Lockerbie — 150 College St., Toronto 5, Ont.

Miss Olive Gerrard — Box 310, Edmonton, Alberta

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Feb. 10, 2016

MEAL PLANNING

CHOICE of correct foods will simplify the treatment of your condition. You are also required to measure the *amount* of food more carefully than persons on ordinary diets. Your physician or dietitian will advise you in the early stages, but you will learn quickly how to make the choice and to measure the foods. This is a very *important* part of learning to live with your condition, *diabetes mellitus*. You must eat a constant amount of food to balance the insulin your body makes or the insulin or tablets your doctor prescribes and the exercise you take as a part of your daily life.

The Exchange System

The foods which can be eaten are divided into six groups, called *Exchange Lists*. Each food within one of these lists contains about the same amount of sugar (Carbohydrate) as any other food in that particular list. You will get the same food value if you exchange one food on a list with another food on the same list. *"If a diebetic diet has been prescribed for you be sure to follow the advice of your doctor and dietitian."*

Meal Plan

Your Doctor will provide a prescription which will help you to buy and to plan your meals. Be sure to eat all the foods on your Meal Plan every day. Do not eat more than is prescribed on your Meal Plan.

Patient's Name ..... Date .....

SIMPLE MEAL PLAN FORM

Carbohydrate ..... Protein ..... Fat ..... Calories .....

YOUR FOOD FOR THE DAY

Kind of food	*Amt.*	*Choose from*
Milk	.....	List 1
Vegetable Exchanges	.....	List 2A
Exchanges	.....	List 2B
Fruit Exchanges	.....	List 3
Bread Exchanges	.....	List 4
Meat Exchanges	.....	List 5
Fat Exchanges	.....	List 6
Free Food (List A) as desired.		
Calorie Poor Food (List B) *up to 2 servings daily of size indicated.*		

BREAKFAST

Fruit	.....	Exchange(s)	..... List 3
Egg	.....		List 5
Bread	.....	Exchange(s)	..... List 4
Fat	.....	Exchange(s)	..... List 6
Milk	.....	Exchange(s)	..... List 1

MID-MORNING

LUNCHEON OR SUPPER

Meat	Exchange(s)	List 5
Vegetable	Exchange	List 2A
Vegetable (if desired)	Exchange	List 2B
Bread	Exchange(s)	List 4
Fat	Exchange(s)	List 6
Fruit	Exchange	List 3
Milk	Exchange(s)	List 1

MID-AFTERNOON

DINNER OR MAIN MEAL

Meat	Exchange(s)	List 5
Vegetable	Exchange	List 2A
Vegetable (if desired)	Exchange	List 2B
Bread	Exchange(s)	List 4
Fat	Exchange(s)	List 6
Fruit	Exchange	List 3
Milk	Exchange(s)	List 1

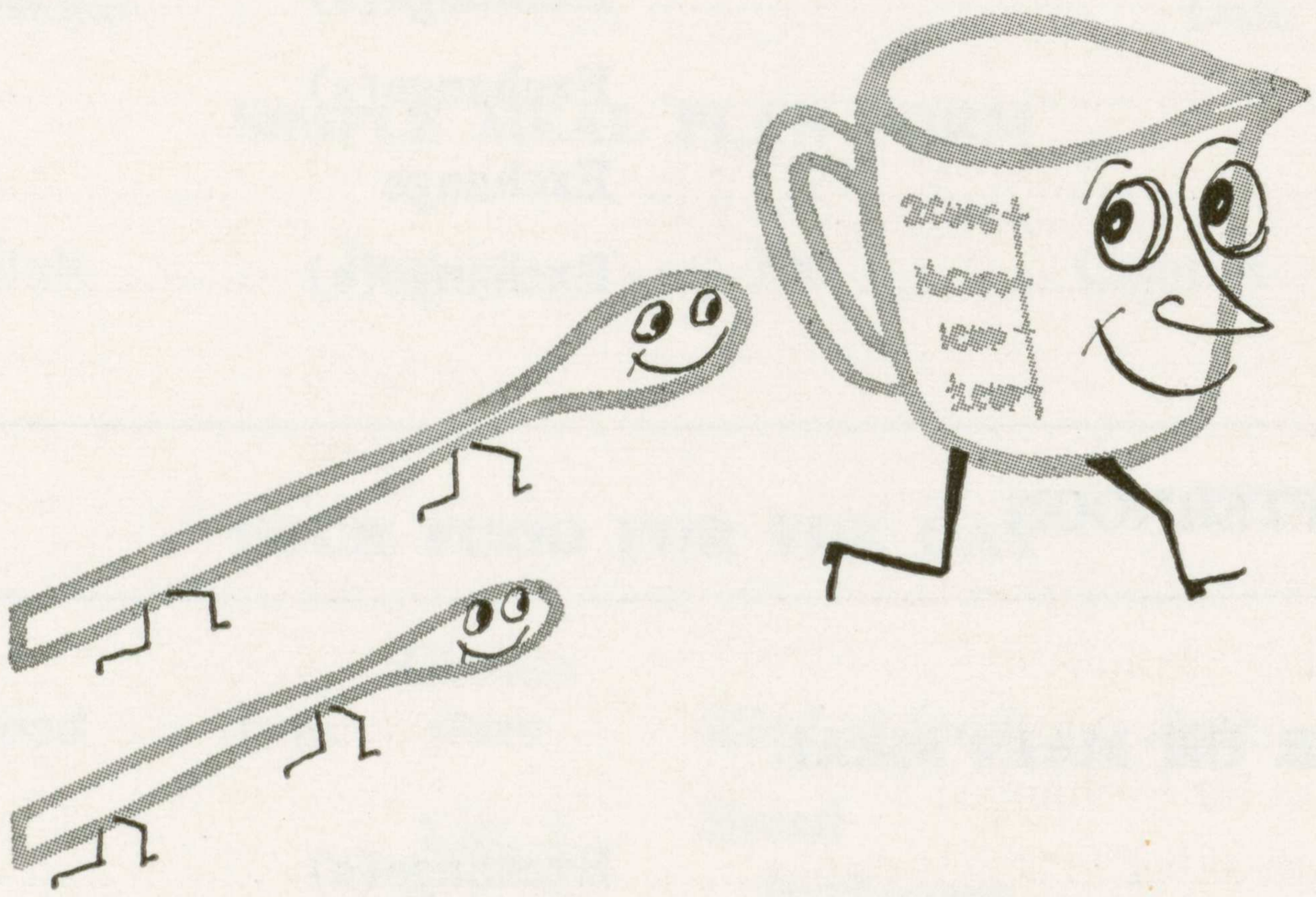
EVENING SNACK

Meat	Exchange	List 5
Milk	Exchange	List 1
Bread	Exchange	List 4
Fat	Exchange	List 6
Fruit	Exchange	List 3

Points to Remember

TO MEASURE your foods you will need a standard 8-ounce measuring cup, a teaspoon and a tablespoon. Keep the measures level. Most foods should be measured after they are cooked. Your foods may be prepared with the family meals but take your portion before extra fat or flour is added.

A number of diabetic patients are asked to weigh their foods. To do this you will need a special gram scale.



Special Foods

It is not necessary to buy special foods because you have diabetes. You can eat the same food purchased for your family — milk, vegetables, bread, meats, fats, and fruits but without added sugar. If you do buy special foods, make certain of their content and build them into your diet on the advice of your doctor or your dietitian.

Foods to Avoid

Some foods do not appear on the Exchange Lists because they have too much sugar (Carbohydrate). You should not include the following, except on the advice of your doctor: sugar, candy, honey, jam, jelly, marmalade, preserves, maple syrup, molasses, pie, cake, cookies, condensed milk, chewing gum, or soft drinks. Wine, beer and alcoholic beverages are not usually permitted. For Seasonings and Free Foods which add zest to your diet see last page of Exchange Lists.

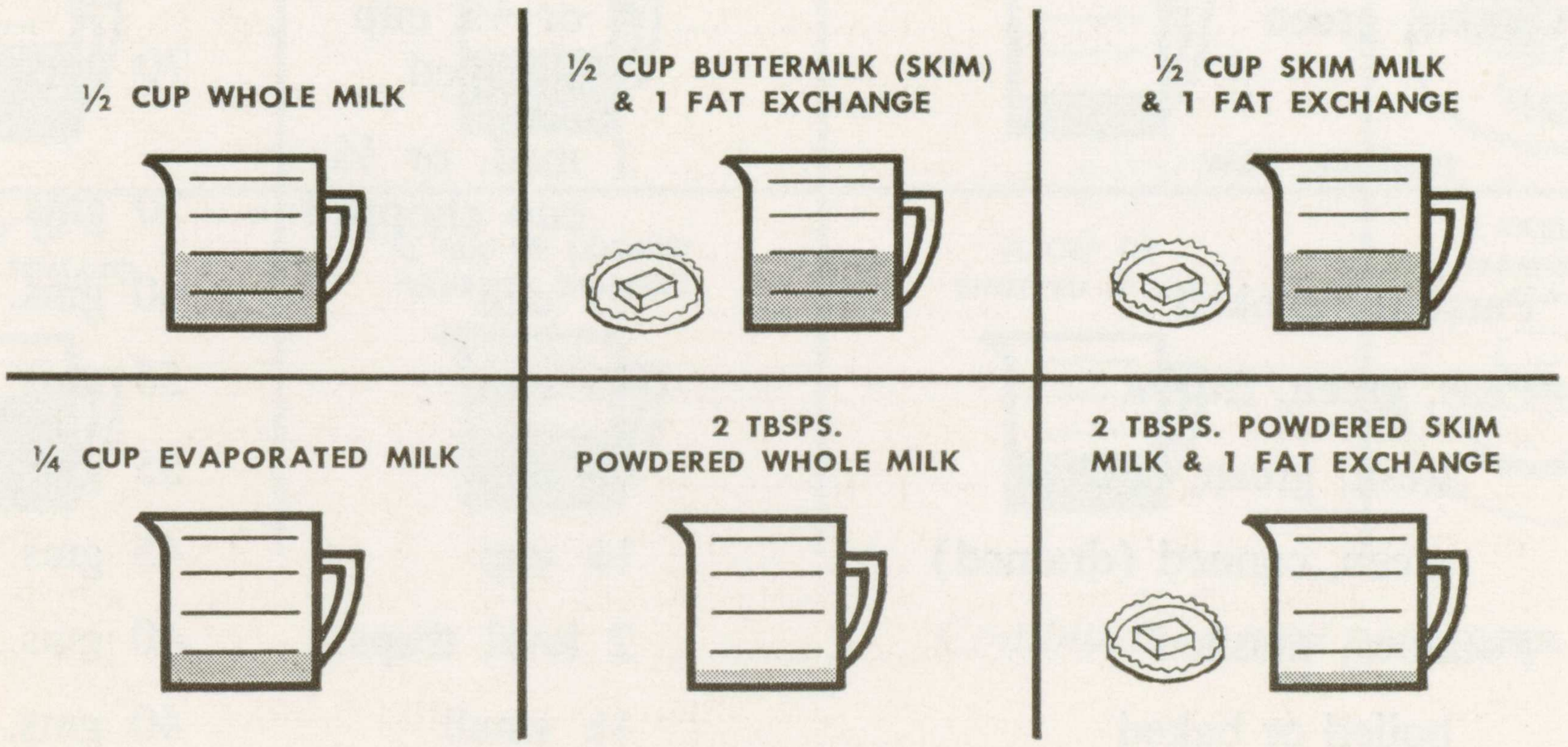
You have 6 lists to work with
We call them the "BIG 6"

List 1

Milk Exchange

One milk exchange is equivalent to ½ cup (4 ozs.) or 120 grams whole milk. Carbohydrate — 6 grams, Protein — 4 grams, Fat — 4 grams.

	MEASURE	WEIGHT
Whole Milk	½ cup	120 gms.
2% Milk (add ½ fat exchange)	½ cup	120 gms.
Skim Milk (add 1 fat exchange)	½ cup	120 gms.
Powdered Whole Milk	2 tbsps.	15 gms.
Powdered Skim Milk (add 1 fat exchange)	2 tbsps.	15 gms.
Powdered Skim Milk (Instant) (add 1 fat exchange)	4 tbsps.	15 gms.
Evaporated Whole Milk	¼ cup	60 gms.
Buttermilk (2% Butter Fat) (add ½ fat exchange)	½ cup	120 gms.
Buttermilk (Skim Milk) (add 1 fat exchange)	½ cup	120 gms.



List 2 — *See also pages 7 and 8.*

Vegetable Exchange

The vegetables are listed in two groups according to their carbohydrate content.

One Vegetable Exchange, Group A contains 7 grams carbohydrate and 2 grams protein. This is equivalent to the size of serving as listed below, or 2 servings of vegetables Group B (page 8).

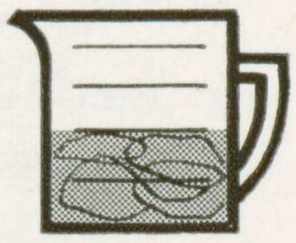
GROUP A	MEASURE	WEIGHT
Beans, navy, lima, canned or cooked	¼ cup	40 gms.
Beets, canned or cooked	½ cup	75 gms.
Beet greens, cooked	⅔ cup	125 gms.
Broccoli, cooked	4 stalks	125 gms.
Brussels Sprouts, cooked	½ cup	80 gms.
*Canned condensed soup (undiluted)	3 level tbsps.	40 gms.
Carrots, raw, diced or cooked	½ cup	75 gms.
*Corn, canned cream style or niblet	2½ tbsps.	45 gms.
Dandelion greens, cooked	½ cup	80 gms.
Egg Plant, raw	2 slices — 4″ x 4″ x 1″	125 gms.
Kohlrabi, cooked	⅔ cup	100 gms.
Onions, green	4 or ⅓ cup chopped	70 gms.
mature, raw	1 med. or ⅓ cup chopped	70 gms.
*Parsnips, cooked	⅓ cup	60 gms.
*Peas, green, frozen	⅓ cup	55 gms.
fresh, green, cooked	⅓ cup	55 gms.
green, canned (drained)	¼ cup	45 gms.
*Potatoes, mashed	2 level tbsps.	40 gms.
boiled or baked	½ small	40 gms.

	MEASURE	WEIGHT
Pumpkin, canned	½ cup	90 gms.
*Rice, cooked	3 level tbsps.	35 gms.
Sauerkraut, canned	¾ cup	165 gms.
Squash, Hubbard or Pepper, baked or mashed	½ cup	90 gms.
Tomatoes, canned	¾ cup	180 gms.
juice, no sugar added	⅔ cup	170 gms.
Turnip, yellow or white cooked	½ cup	100 gms.
Vegetable Juice, mixed	⅔ cup	170 gms.

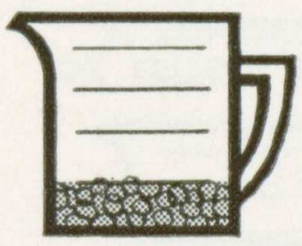
**These vegetables also appear on the Bread Exchange List in larger servings. They are included in Group A for those people whose diet is low in calories, adding variety in making up casserole dishes, soups, etc., for any diet.*

⅔ CUP OF TOMATO JUICE

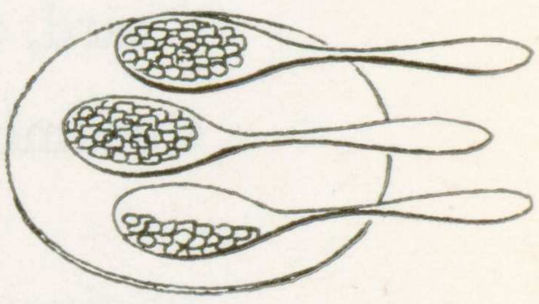
½ CUP OF MASHED SQUASH OR TURNIP



¼ CUP OF CANNED PEAS

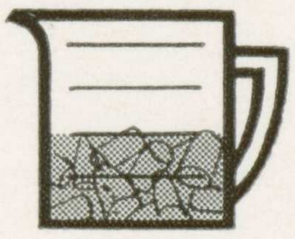


2½ TABLESPOONS OF CORN

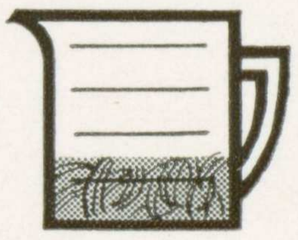


¾ CUP OF CANNED TOMATO

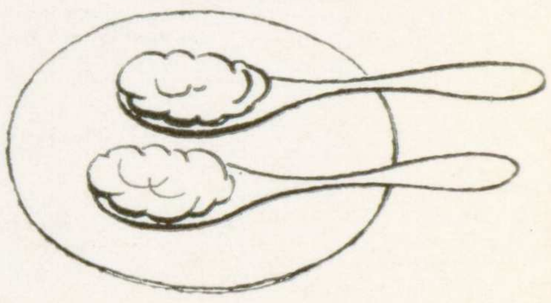
½ CUP OF COOKED CARROTS OR BEETS



⅓ CUP OF CHOPPED ONION



2 TABLESPOONS OF MASHED POTATOES



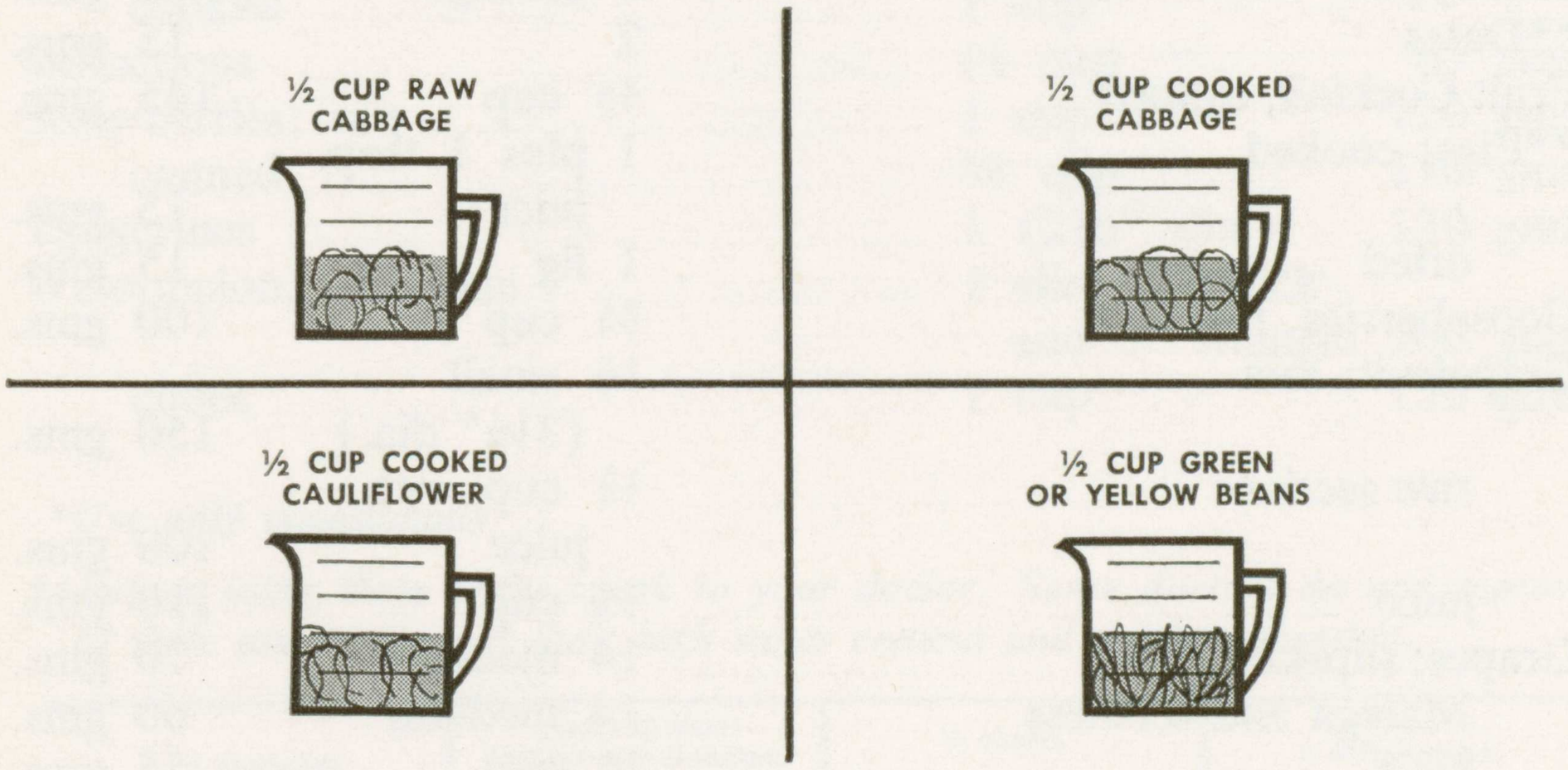
Continued on next two pages.

Vegetable Exchange *(Concluded)*

These vegetables contain much less carbohydrate than those in Group A. One serving of the size indicated in this list may be taken at each meal, in addition to the Group A vegetable allowance.

GROUP B	MEASURE	WEIGHT
Asparagus	5 stalks	60 gms.
Beans, yellow or green, canned or cooked	½ cup	75 gms.
Bean Sprouts, raw	1 cup	100 gms.
Cabbage, raw	½ cup	50 gms.
cooked	½ cup	60 gms.
Cauliflower, cooked	½ cup	75 gms.
Celery, raw	4 stalks or ½ cup chopped	75 gms.
cooked	½ cup	75 gms.
Chard, cooked	½ cup	80 gms.
Cucumber	½ medium — 8 slices	50 gms.
Endive	1 stalk — 6″	60 gms.
Kale	½ cup	50 gms.

	MEASURE	WEIGHT
Lettuce	⅛ head	70 gms.
	4 large leaves	70 gms.
Onions, green	2	35 gms.
Pepper, green, raw or cooked	1 medium	60 gms.
Pimento, canned	3 tbsps.	45 gms.
Radish	6	60 gms.
Spinach, cooked or canned	½ cup	120 gms.
Tomato Juice (no sugar added)	⅓ cup	85 gms.
Tomato, raw	1 medium 2¼″ dia.	90 gms.
Vegetable Marrow, cooked	½ cup	60 gms.



List 3 — *Fruit Exchange*

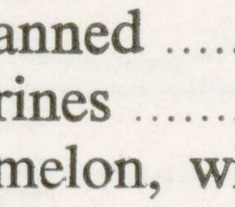
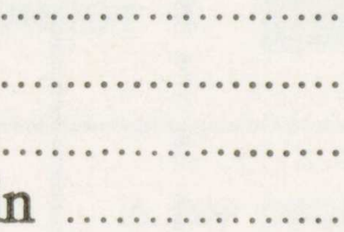
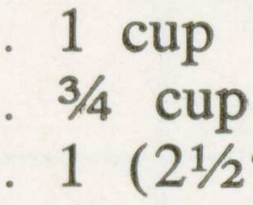
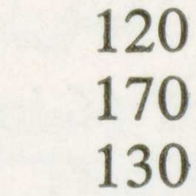
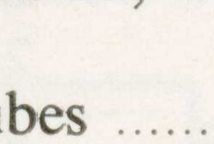
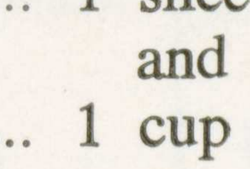
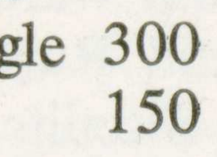
One Fruit Exchange is equivalent to the size of serving listed below. One Fruit Exchange contains 10 grams carbohydrate. The fruit or fruit juice may be raw, canned, cooked, or frozen without sugar.

	MEASURE	WEIGHT
Apples; raw	½ medium	75 gms.
juice	⅓ cup	75 gms.
sauce	½ cup	100 gms.
Apricots; raw with stone	2	85 gms.
canned	5 halves plus 2 tbsps. juice	125 gms.
Banana	½ 6″ banana	45 gms.
Blackberries, raw	⅓ cup	80 gms.
Blueberries, raw	½ cup	70 gms.
Canteloupe with rind	½ canteloupe 5″ diameter	450 gms.
cubes or balls	1 cup	200 gms.
Cherries, raw	10 large	75 gms.
canned, red, pitted	⅓ cup plus 2 tbsps. juice	110 gms.
Crabapples	1 average	55 gms.
**Dates	2	15 gms.
Fruit Cocktail, canned	⅔ cup	145 gms.
**Figs; cooked	1 plus 1 tbsp. juice	15 gms.
dried	1 fig	15 gms.
Gooseberries, raw	¾ cup	100 gms.
Grapefruit; raw	½ small (3½″ dia.)	150 gms.
raw sections	½ cup with juice	100 gms.
juice	½ cup	110 gms.
Grapes; slipskin	14 medium	70 gms.
Malaga and seedless	14 medium	60 gms.
juice	¼ cup	55 gms.
Honeydew Melon with rind	½ melon 5″ diameter	185 gms.
cubes or balls	¾ cup	120 gms.
Huckleberries	½ cup	65 gms.
*Ice Cream, plain, vanilla, strawberry, chocolate (take off 5 gms. butter or 1 Fat Exchange)	⅙ pint brick	50 gms.
Loganberries	½ cup	65 gms.

	MEASURE	WEIGHT
Oranges; raw	1 med. (2½″ dia. — 125's)	125 gms.
raw sections	½ cup plus juice	100 gms.
juice	½ cup	100 gms.
Mandarin sections (canned Dietetic)	¾ cup plus juice (14 sections)	150 gms.
Peaches, raw with stone	1 medium	95 gms.
canned	2 large halves plus 2 tbsps. juice	155 gms.
Pears; raw	1 small	75 gms.
canned	2 halves plus 2 tbsps. juice	120 gms.
Pineapple; raw, cubed	½ cup	75 gms.
canned, ½ cup cubes or 2 slices	plus 2 tbsps. juice	125 gms.
crushed	½ cup	125 gms.
juice	⅓ cup	75 gms.
Plums; raw with stone	2 medium	80 gms.
canned	2 medium plus 2 tbsps. juice	100 gms.
**Prunes; cooked	2	15 gms.
juice	¼ cup	50 gms.
**Raisins	2 level tbsps.	15 gms.
Raspberries; raw	½ cup	75 gms.
canned	½ cup	100 gms.
Rhubarb; raw	2 cups	240 gms.
cooked	1 cup	
Saskatoons	½ cup	65 gms.
Strawberries; raw	1 cup	120 gms.
canned	¾ cup	170 gms.
Tangerines	1 (2½″ dia.)	130 gms.
Watermelon, with skin	1 slice 1″ thick and 5″ triangle	300 gms.
cubes	1 cup	150 gms.

**Use only occasionally.*

***Before using these fruits speak to your doctor. Some doctors do not approve of their use because of their high sugar content and quick absorption.*

½ GRAPEFRUIT 	1/6 BRICK ICE CREAM TAKE OFF 1 FAT EXCHANGE 	14 GRAPES 	½ MEDIUM APPLE 
¼ CUP GRAPE JUICE 	½ CUP GRAPEFRUIT OR ORANGE JUICE	½ SMALL BANANA 	1 SMALL PEAR 

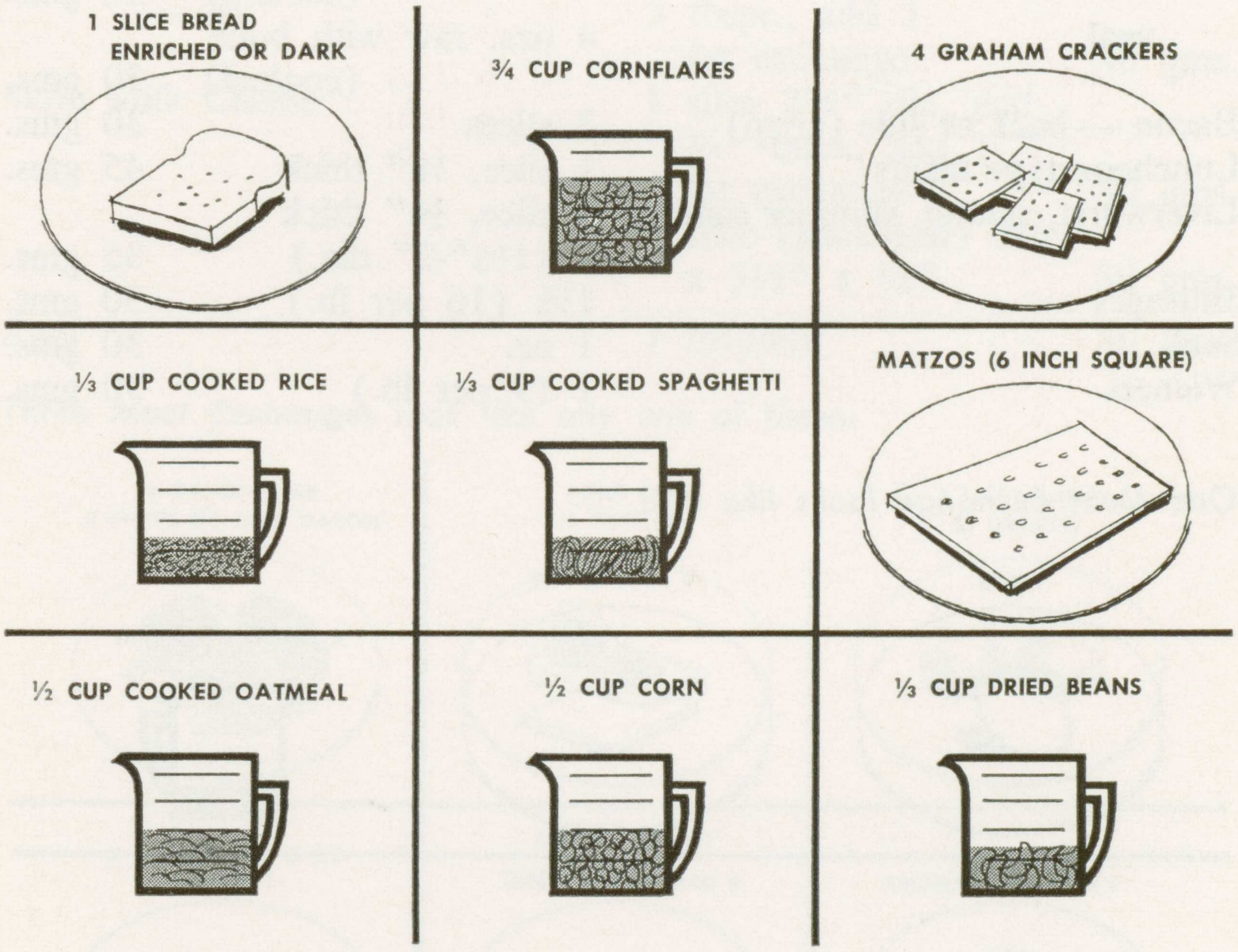
List 4

Bread Exchange

One Bread Exchange is equivalent to one slice of bread weighing 30 grams. One Bread Exchange contains 15 grams carbohydrate and 2 grams protein.

	MEASURE	WEIGHT
Bread	1 slice	30 gms.
Brewis (cooked) (Nfld.)	¼ cup	30 gms.
Hamburger Bun (3½-inch)	½ bun	30 gms.
Weiner Bun (6-inch)	½ bun	30 gms.
Melba Toast (commercial)	4 rectangular slices	20 gms.
	8 round slices	20 gms.
Matzos (6-inch square)	1	20 gms.
Arrowroots	3	20 gms.
Graham wafers (2-inch)	4	20 gms.
Holland Rusks	1½ biscuits	20 gms.
Soda Biscuits (2-inch)	6	20 gms.
Cereals, uncooked; dry weight	2 tbsps.	20 gms.
cooked	½ cup	
Cereals, cold; flaked	¾ cup	18 gms.
puffed	1 cup	15 gms.
Shredded Wheat	⅔ biscuit	18 gms.
Cornstarch	2 tbsps.	17 gms.
Flour	2½ tbsps.	22 gms.
Beans, peas, dried and cooked	⅓ cup	55 gms.
Corn, canned	½ cup	95 gms.
Corn on the cob (4½″ x 1½″ x 2″)	1 cob	95 gms.

	MEASURE	WEIGHT
Popped Corn	1¼ cup	20 gms.
Parsnips	⅔ cup	120 gms.
Peas; canned	½ cup	90 gms.
frozen	⅔ cup	110 gms.
Potatoes	1 small or ⅓ cup mashed	80 gms.
Macaroni, cooked	½ cup	70 gms.
Rice, spaghetti, noodles, cooked	⅓ cup	70 gms.
Canned condensed soup (undiluted)	6 tbsps.	80 gms.

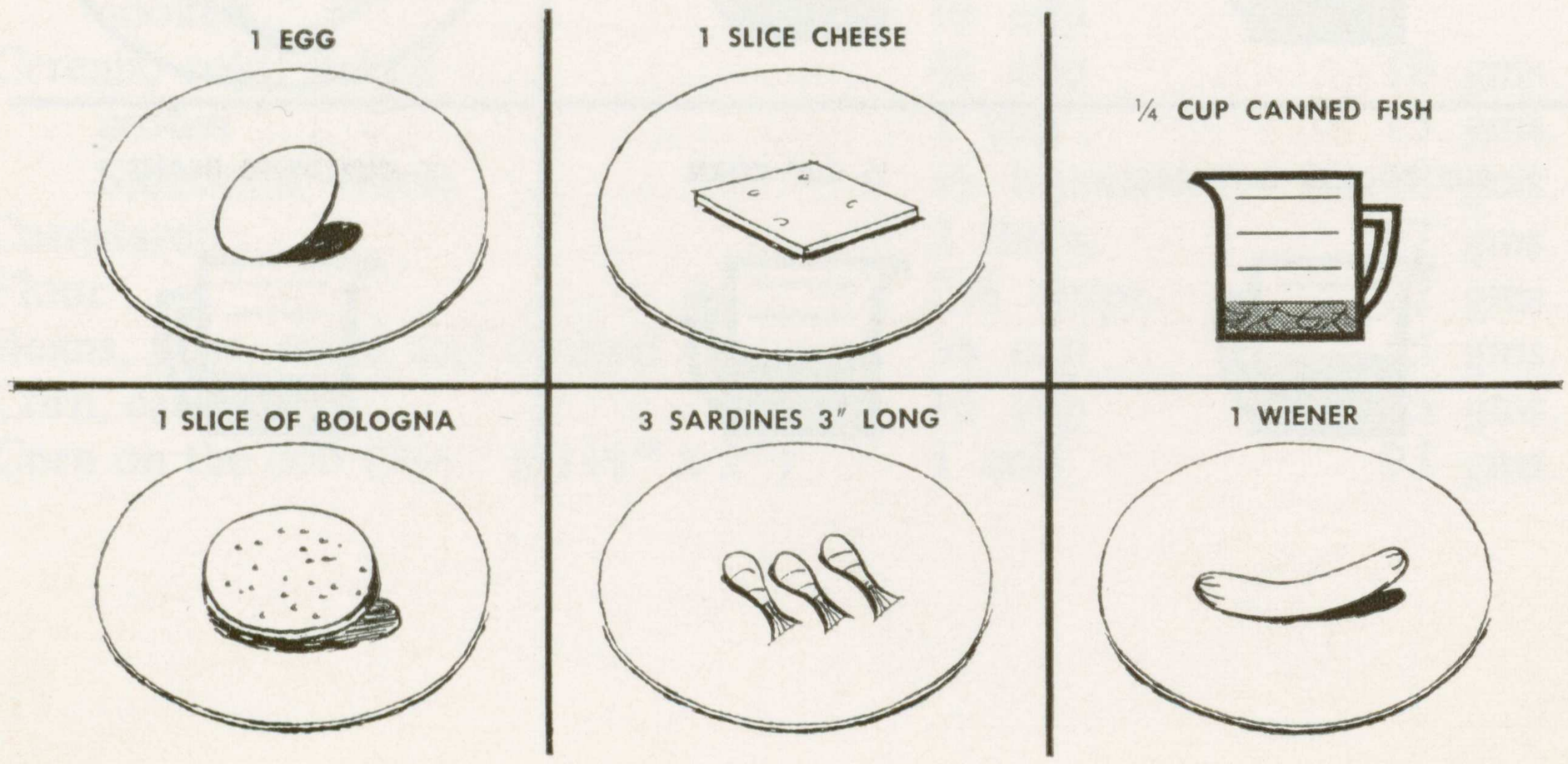


List 5

Meat Exchange One Meat Exchange is equivalent to one ounce (30 gms.) or size serving listed of meat and contains 7 grams protein and 5 grams fat. Measure meat after it is cooked. Bones and extra fat not counted in the total weight. About ¼ lb. (4 ozs.) raw meat will give 3 ozs. (3 Meat Exchanges) cooked meat.

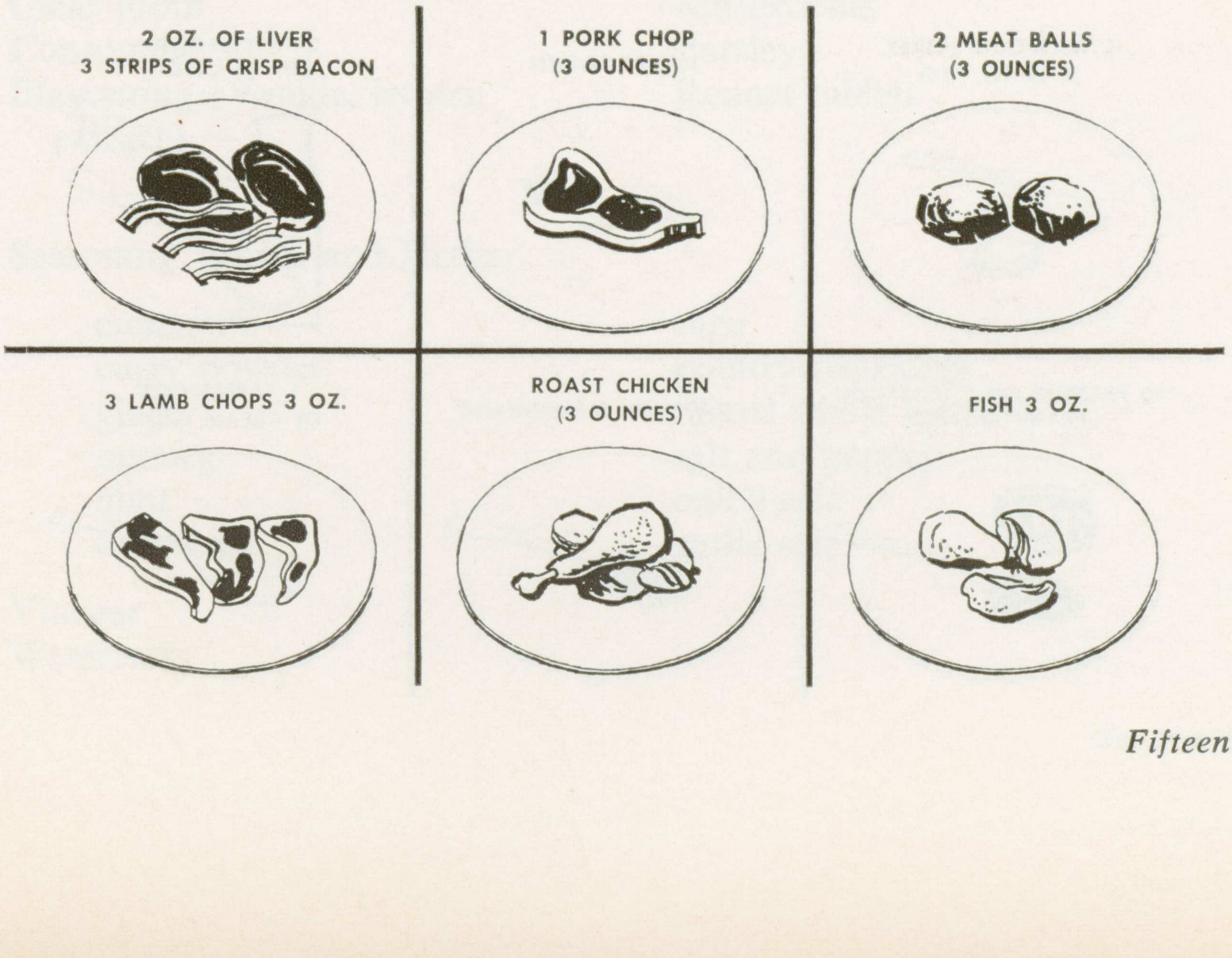
Meat and Poultry:	MEASURE	WEIGHT
Sliced, medium fat beef, veal, lamb, pork, ham, or steak	1 slice 4″ x 2″ x ¼″	30 gms.
Diced for stewing	2½ 1″ cubes	30 gms.
Minced	2 tbsps. or small patty (3 tbsps. raw)	30 gms.
Salt Beef	⅔ oz. and add 1 Fat Exchange	20 gms.
Chops; lamb	3 oz. raw with bone (cooked)	30 gms.
pork	4 ozs. raw with bone (cooked)	30 gms.
veal	4 ozs. raw with bone (cooked)	30 gms.
Bacon — back or side (crisp)	3 slices	30 gms.
Luncheon type meats	1 slice, ⅛″ thick	45 gms.
Liverwurst, salami, summer sausage	1 slice, ¼″ thick (1½″-2″ dia.)	35 gms.
Sausages	1½ (16 per lb.)	30 gms.
Seal	1 oz.	30 gms.
Wieners	1 (9 per lb.)	30 gms.

One Meat Exchange looks like this:



Fish:	MEASURE	WEIGHT
Fillets and steaks, haddock, halibut, cod, sole, sturgeon (add one Fat Exchange)	One piece 2″ x 1″ x 1″	45 gms.
Filets of Salmon	One piece 2″ x 1″ x 1″	30 gms.
Salmon Steak	One piece 2″ x 1″ x 1″	40 gms.
Canned chicken haddie, crabmeat, lobster, salmon, tuna fish, etc.	¼ cup	40 gms.
Sardines	3 fish 3″ each	30 gms.
Clams, fresh	3	60 gms.
Oysters	3 medium	75 gms.
Scallops	2 medium	30 gms.
Shrimps, prawns	5 medium	30 gms.
Cheese:		
Cheddar or processed	Cube, 1½″ x 1″ x 1″	30 gms.
	1 slice (packaged) 3½″ x 3½″ x ⅛″	30 gms.
Gruyere	1½ sections	30 gms.
Dried, grated (Parmesan)	4 level tbsps.	20 gms.
Cottage — creamed	3 tbsps.	40 gms.
— dry	3 tbsps., add 1 fat exchange	40 gms.
Skim Milk Cheese	1 slice 2½″ dia. and ¼″ thick, add 1 fat exchange	30 gms.
	1 slice (packaged) 3½″ x 3½″ x ⅛″	30 gms.
Egg:	1 medium	50 gms.

Three Meat Exchanges look like any one of these:



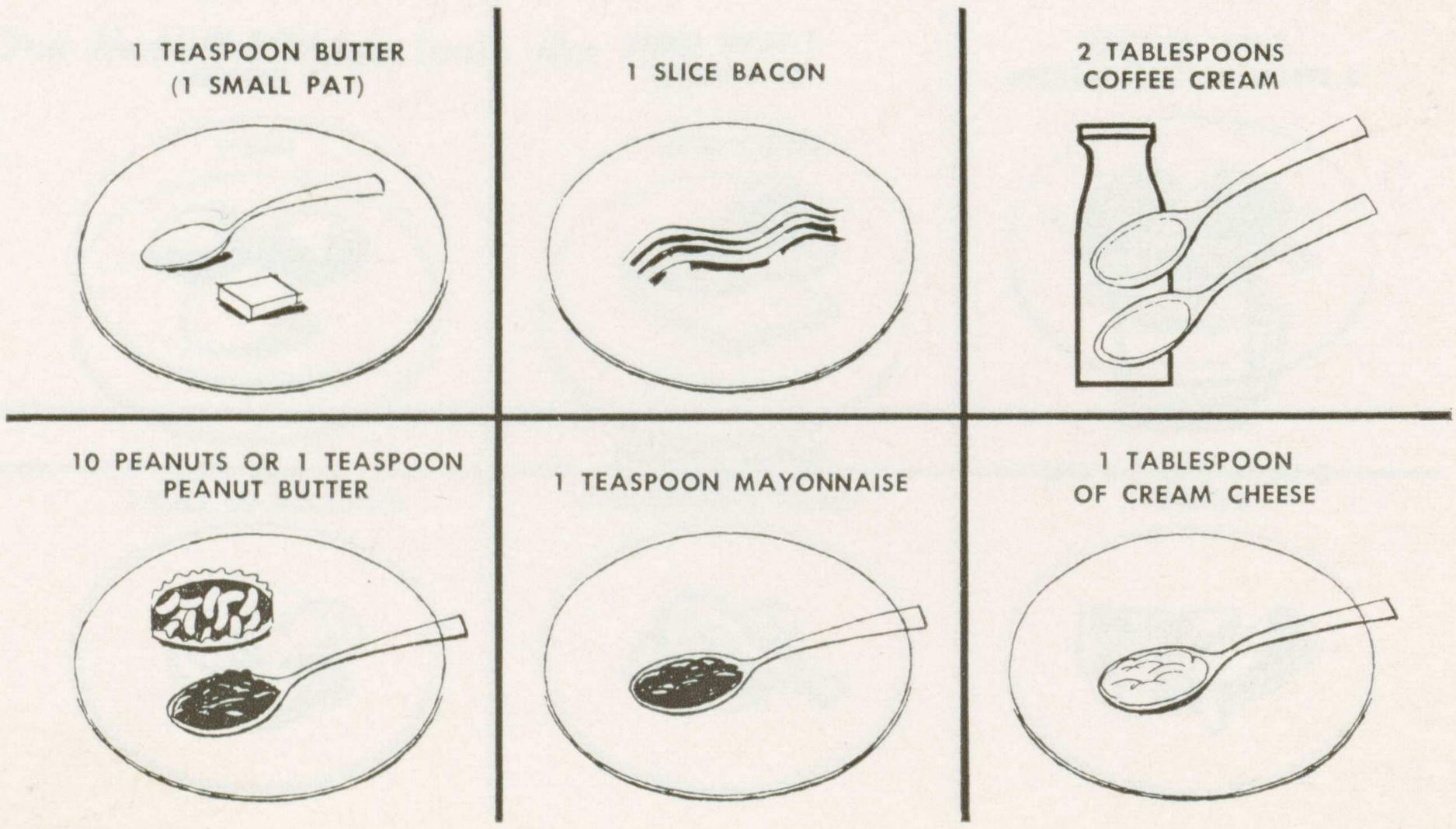
List 6

Fat Exchange

One fat exchange contains 5 grams fat. For each fat exchange called for on the Meal Plan, choose one item from the list below.

It is advisable to limit to two servings per day the foods marked with an asterisk because of the carbohydrate content.

	MEASURE	WEIGHT
*Avocado pear	⅛ of 4″ avocado	20 gms.
Bacon (side)	1 strip	10 gms.
Butter or Margarine	1 tsp. or 1 pat 1″ x 1″ x ¼″	5 gms.
Cooking fat or oil	1 tsp.	5 gms.
Cream:		
*cereal	3 tbsps.	45 gms.
coffee	2 tbsps.	30 gms.
commercial sour	2 tbsps.	30 gms.
whipping	1 tbsp.	15 gms.
whipped	1 rounded tbsp.	15 gms.
Cream cheese (white)	1 tbsp.	15 gms.
French dressing	1 tbsp.	15 gms.
Mayonnaise	1 tsp.	7 gms.



Nuts (shelled)	MEASURE	WEIGHT
*peanuts	10	8 gms.
*cashews	4	8 gms.
*almonds, filberts	6	8 gms.
*pecans, walnuts	4-5 halves	7 gms.
*Brazil nuts	2	7 gms.
Olives; green	5 small	45 gms.
ripe with pit	3 medium	30 gms.
*Peanut butter	1 tsp.	7 gms.

Free Foods

NO FOOD VALUE — LIST A

These foods contain little or no food value and may be used as desired to add zest to your diet.

Artificial Sweetener
Beverages — artificially sweetened carbonated beverages (dietetic)
Clear tea or coffee
Bouillon
Clear broth
Consomme
Flavouring (Vanilla, lemon extract)
Food Colouring
Gelatin: plain
Artificially sweetened jelly powders
Horseradish
Mushrooms
Parsley
Rennet tablets

Seasoning, Spices and Herbs;

cinnamon
curry powder
ginger
nutmeg
mint
marjoram
sage
poultry seasoning
mixed whole spices
salt and pepper
onion salt
garlic salt

Vinegar
Watercress

Calorie Poor Foods — List B

These foods contain very little food value in the amounts listed below. You may choose two servings of these foods per day in addition to your diet.

	MEASURE	WEIGHT
Cocoa (plain)	1 tsp.	5 gms.
Cranberries, cooked without sugar	1 tbsp.	15 gms.
Dulse	1 medium serving	100 gms.
Lemon; juice	1 tbsp.	15 gms.
wedge or slice	1 medium	50 gms.
Meat Sauces — catsup	1 tsp.	5 gms.
chili sauce	1 tsp.	5 gms.
steak sauce	1 tsp.	5 gms.
Partridge berries (Nfld.)	1 tbsp.	15 gms.
Pickles; dill unsweetened	1 medium	50 gms.
sour, mixed	4 pieces	50 gms.
sweet, mixed (Dietetic)	4 pieces	50 gms.
Pimento or chopped green pepper	1 tbsp.	15 gms.
Prepared Mustard	1 tsp.	5 gms.

RECIPES

Supper Dishes

Salmon and Celery Casserole

Yield: 4 servings

Exchange 1 serving for: 1 Meat Exchange AND 1 Vegetable Group 2A

Ingredients:

1 cup canned salmon
¾ cup cream of celery soup
salt and pepper to taste

Method:

Combine above ingredients.
Place in four individual casserole dishes.
Bake in moderate oven 325° - 350° F. until browned.

Chicken Noodle Casserole

Yield: 1 serving

Exchange for:
1 Bread Exchange AND
2 Meat Exchanges AND
1 Fat Exchange.

Ingredients:

⅓ cup cooked noodles
½ cup diced cooked chicken
¼ cup clear chicken broth
1 tsp. butter
salt and pepper
Mushrooms and green pepper may be added if desired.

Chicken Noodle Cont'd.

Method:

Combine above ingredients in casserole dish.
Brown in moderate oven 325° to 350° F.

Note: (1) Rice or spaghetti may be used in place of noodles.
(2) Any meat or fish may replace the chicken.

* *

Salmon or Tuna Loaf

Yield: 4 servings

Exchange 1 serving for:
2 Meat Exchanges.

Ingredients:

1 eight ounce tin salmon or tuna fish
1 egg
1 tsp. lemon juice
Green pepper or pimento chopped
1 tsp. chopped onion and celery
Salt and pepper to taste.

Method:

Flake salmon or tuna fish with fork.
Add salt, pepper, lemon juice, onion and green pepper.
Beat egg slightly.
Add to salmon mixture and mix well.
Shape into loaf.
Bake in moderate oven 325° to 350° F.
½ to ¾ of an hour.

* *

Cheese Sauce

Yield: 1 serving

Exchange for:
2 Meat Exchanges.

Ingredients:

2 cubes cheese each measuring 1″ x 1″ x 1½″, grated
3 tbsps. tomato juice
½ tsp. flour
salt and pepper to taste
Pinch of dry mustard, if desired.

Method:

Cook above ingredients in double boiler stirring constantly until the cheese is melted and the mixture well blended.

Serve on: 1 slice toast as Cheese Rarebit
or
Pour over ½ cup cooked macaroni and bake in the oven.

The Exchange for 1 serving would then be 2 Meat Exchanges AND 1 Bread Exchange.

Open Face Sandwich Grilled Cheese Sandwich

Yield: 1 serving

Exchange for:
1 Meat Exchange AND
1 Bread Exchange AND
1 Fat Exchange

Ingredients:

1 slice sliced processed cheese
1 slice bread
1 square butter 1″ x 1″ x ¼″

Method:

Use the square of butter to spread on the bread.
Place the slice of cheese on top of bread.
Brown under broiler in oven.
Garnish with slice of Dill pickle.

* *

Grilled Cheese and Bacon Sandwich

Yield: 1 serving

Exchange for:
1 Bread Exchange AND
1 Meat Exchange AND
2 Fat Exchanges

Ingredients:

1 slice sliced processed cheese
1 strip bacon
1 slice bread
1 square butter 1″ x 1″ x ¼″

Method:

Spread the square of butter on the bread. Place cheese on the buttered bread and the strip of bacon cut in half on top of the cheese.

Brown under broiler until bacon is cooked. If you have no broiler, partially cook the bacon before placing on top of the cheese and place sandwich in a hot oven 400° - 450° until bacon is cooked. Garnish with one slice of Dill pickle.

* *

Cheeseburger

Yield: 1 serving

Exchange for:
2 Meat Exchanges AND
1 Bread Exchange AND
2 Fat Exchanges

Ingredients:

1 small meat pattie

1 slice sliced processed cheese
½ Hamburg bun
1 square butter 1" x 1" x ¼"
1 strip bacon

Method:

Season 3 tablespoons raw ground beef with salt, pepper, and a little grated onion.
Shape mixture into a small meat pattie.
Cook under broiler, or, if desired, fry in pan using the butter allowance.
Place pattie on ½ hamburg bun.
Top with the slice of cheese and then the strip of bacon cut in half.
Finish as in Grilled Cheese and Bacon Sandwich.

* *

Shepherd's Pie

Yield: 1 serving

Exchange for:
2 Meat Exchanges AND
1 Bread Exchange

Ingredients:

½ cup ground cooked beef
Salt and pepper to taste
1 tsp. grated onion
⅓ cup mashed potato
Clear fat free broth or consomme

Method:

Add seasonings and onion to ground cooked beef.
Mix well.
Add the broth or consomme to moisten.
Place in a casserole dish.
Spread ⅓ cup mashed potato over the top.
Place in moderate oven 350° - 375° F. until heated through and the potatoes are slightly browned.

Note: If the Meat Exchange is three for this meal rather than two, use ¾ cup ground cooked beef.

Desserts

Rice Pudding

Yield: 2 servings

Exchange 1 serving for:
1 Fruit Exchange AND
1 Meat Exchange

Ingredients:

1 egg
¾ cup milk
Pinch of salt
3 tbsps. cooked rice
⅛ tsp. vanilla
¾ tsp. allowed liquid sweetening

Method:

Beat egg; add milk, salt, vanilla and rice.
Place in 2 baking dishes in pan of hot water.
Bake in slow oven 300°F until set.

* *

Jellied Grape Juice with Orange Rind

Yield: 4 servings

Exchange 1 serving for:
1 Fruit Exchange.

Ingredients:

1 cup unsweetened grape juice
1 tsp. grated orange rind
1 envelope unflavoured gelatin
¼ cup cold water
½ cup boiling water
4 Saccharin tablets (¼ gr.)

Method:

Soak gelatin in cold water for five minutes.
Dissolve in boiling water.
Add Saccharin, grape juice and orange rind.
Chill and let set.

* *

Fruit Bavarian Cream

Yield: 2 servings

Exchange 1 serving for:
1 Fruit Exchange AND
1 Fat Exchange.

Ingredients:

½ cup orange juice
⅓ cup pineapple juice
1½ tsps. gelatin
2 rounded tbsps. whipped cream
¾ tsp. allowed liquid sweetening
1 egg white

Method:

Soak gelatin in 1½ tbsps. cold water.
Add gelatin to heated fruit juice.
Add sweetening.
Allow to partly set.
Fold whipped cream and beaten egg white into gelatin mixture and chill in 2 serving dishes until set.

Baked Custard

Yield: 2 servings

Exchange 1 custard for:
1 Milk Exchange (½ cup milk)
AND ½ Meat Exchange

Ingredients:

1 cup milk
1 egg
Few grains salt
Artificial sweetening to taste
Vanilla or nutmeg

Method:

Beat egg.
Add flavouring, salt and milk, and artificial sweetening.
Beat until mixed.
Pour equal amounts into each of two custard cups.
Place in a pan of hot water.
Bake in a moderate oven 325° - 350°F until firm or until a silver knife when inserted in centre of custard comes out clean.

* *

Applesauce Snow

Yield: 8 servings

Exchange 1 serving for:
½ Fruit Exchange

Ingredients:

1 envelope unflavoured gelatin
¼ tsp. salt
½ cup boiling water
¼ cup cold water
½ tsp. grated lemon rind
1 tbsp. lemon juice
1¾ cups artificially sweetened applesauce
Artificial sweetening to taste.

Method:

Mix 1 envelope unflavoured gelatin and salt.
Add ¼ cup cold water, stir and let stand until gelatin has absorbed the water. (about 2 or 3 min.) Add ½ cup boiling water to the gelatin mixture. Stir until dissolved.
Add grated lemon rind, lemon juice and applesauce.
Mix well. Sweeten to taste with artificial sweetening.
Chill until partially set.
Beat egg whites until stiff, fold into gelatin mixture.
Chill in 5 cup mould or 8 individual moulds.

Prune Whip

Yield: 2 servings

Exchange 1 serving for:
1 Fruit Exchange

Ingredients:

¼ cup prune pulp
2 egg whites
½ tsp. vanilla
1 tsp. lemon juice
Artificial sweetening to taste
½ tsp. gelatin

Method:

Soak gelatin in 1 tbsp. cold water.
To the unsweetened hot prune pulp add softened gelatin and lemon juice, artificial sweetening and flavouring.
Let stand until cool and partially set.
Fold in stiffly beaten egg whites, chill.

Variations:

1) 2 tbsps. mashed banana may be used in place of prune pulp.
2) ¼ cup apricot pulp may be used in place of prune pulp.

* *

Pineapple and Rice Dessert

Yield: 4 servings

Exchange 1 serving for:
1 Milk Exchange AND
1 Fruit Exchange

Ingredients:

¾ cup evaporated milk
1 tbsp. gelatin
1 cup cooked rice (¼ c. uncooked)
½ cup unsweetened crushed pineapple
1 tsp. approved liquid sweetening
Few grains salt

Method:

Boil rice, until no hard core.
Drain, rinse in cold water.
Chill ½ cup evaporated milk in refrigerator.
Soften gelatin in remaining ¼ cup of evaporated milk for about five minutes.
Dissolve gelatin mixture over hot water.
Add dissolved gelatin to the rice; add pineapple, liquid sweetening and salt.
Whip the chilled evaporated milk until stiff.
Fold into the rice mixture.
Pour into refrigerator tray.
Freeze until firm.

Salads

Potato Salad

Yield: 1 serving

Exchange for:
1 Bread Exchange AND
1 Fat Exchange AND
1 Group 2B Vegetable

Ingredients:
⅓ cup diced cooked potato
1 tsp. chopped onion
1 tsp. chopped celery
1 tbsp. chopped cucumber
Radish or green pepper if desired
Salt and pepper to taste
1 tsp. mayonnaise

Method:
Mix all above ingredients.
Chill and serve on lettuce leaf.

* *

Tomato Aspic

Yield: 6 servings

Exchange 1 serving for:
1 Low Calorie Food List B

Ingredients:
1 envelope (1 tbsp.) plain gelatin
2 cups canned tomatoes
¼ bay leaf
1 clove
¼ cup cold water
1 tbsp. vinegar or lemon juice
1 slice onion
1 stalk celery

Method:
Mix gelatin and cold water and let stand.
Place all other ingredients except lemon juice together.
Simmer about 20 minutes and remove from stove.
Add gelatin mixture.
Stir until gelatin is dissolved.
Add ½ tsp. salt, ¼ tsp. pepper and lemon juice or vinegar, and artificial sweetening if desired.
Strain.
Place in 6 moulds.

Note: When the aspic is partially set, chopped celery and cabbage may be added if desired, without appreciably changing the food value of the salad.

Devilled Egg

Yield: 1 serving

Exchange for:
1 Meat Exchange AND
1 Fat Exchange

Ingredients:
1 egg hard cooked
Salt, pepper to taste
Pinch of dry mustard
1 tsp. mayonnaise

Method:
Cut egg in half.
Remove yolk and mash with a fork.
Add seasonings and mayonnaise.
Refill egg whites.
Sprinkle with paprika.

* *

Stuffed Celery

Yield: 1 serving

Exchange for:
1 Meat Exchange AND
1 Fat Exchange AND
1 Group 2B Vegetable

Ingredients:
Up to 4 celery stalks
1 oz. cheese grated
Salt and pepper to taste
1 tsp. mayonnaise

Method:
Add salt, pepper and mayonnaise to grated cheese.
Mix until smooth.
Fill celery stalks.

COMMON ABBREVIATIONS

gram	—	gm.
cubic centimetre	—	cc.
teaspoon	—	tsp.
tablespoon	—	tbsp.
pound	—	lb.
ounce	—	oz.

SOME EQUIVALENTS

30 gms.	equal	1 oz. (by weight)
30 cc.	equal	1 fluid oz.
3 tsps.	equal	1 tbsp.
1 tsp.	equals	5 cc.
1 tbsp.	equals	15 cc.
1 cup	equals	8 ozs.
1 cup	equals	240 cc. fluid or 240 gms.
1 Imperial quart	equals	5 cups of 8 oz. each

(This is the quart measure generally used in Canada)

1 quart U.S.	equals	4 cups of 8 oz. each

3000 Calories SAMPLE MENU No. 3

BREAKFAST	No. of Exchanges	List No.
½ cup grapefruit	1 Fruit	3
⅓ cup apple juice	1 Fruit	3
½ cup Cream of Wheat (enriched)	1 Bread	4
2 eggs, poached	2 Meat	5
2 slices toast	2 Bread	4
2 pats butter	2 Fat	6
1 cup milk	2 Milk	1
3 tbsps. cereal cream (10%)	1 Fat	6
Tea or coffee	Free	A
MID-MORNING		
½ cup unsweetened blended fruit juice, fresh, frozen or canned	1 Fruit	3
LUNCH OR SUPPER		
⅔ cup tomato juice	1 Vegetable	2A
Salad plate—¾ cup salmon	3 Meat	5
⅓ cup potato salad with	1 Bread	4
2 tsps. mayonnaise	2 Fat	6
Lettuce, sliced tomato, celery, etc.	1 Vegetable	2B
2 slices bread	2 Bread	4
2 pats butter	2 Fat	6
1 small apple or ½ medium apple, baked or fresh	1 Fruit	3
1 cup milk	2 Milk	1
Tea or coffee	Free	A
MID-AFTERNOON		
1 orange	1 Fruit	3
4 social teas (see cookie list)	1 Bread	4
MAIN MEAL		
Stew—16 small cubes meat	4 Meat	5
½ cup mixed vegetables	1 Vegetable	2A
½ cup cabbage	1 Vegetable	2B
⅔ cup mashed potato	2 Bread	4
1 slice bread	1 Bread	4
2 pats butter	2 Fat	6
1 ice cream roll or 1/6 pint brick ice cream	1 Fruit+1 Fat	3 and 6
1 cup milk	2 Milk	1
Tea or coffee	Free	A
EVENING		
Cocoa—2 tsps. cocoa	2 Cal. - Poor Food	B
1 cup milk	2 Milk	1
Artificial sweetener and vanilla, if desired	Free	A
Grilled cheese sandwich—		
2 slices bread	2 Bread	4
2 pats butter	2 Fat	6
1 slice sliced processed cheese	1 Meat	5

3000 Calories SAMPLE MENU No. 4

BREAKFAST	No. of Exchanges	List No.
1 cup unsweetened blended fruit juice, fresh, frozen or canned	2 Fruit	3
⅔ Shredded Wheat biscuit	1 Bread	4
2 eggs scrambled in	2 Meat	5
1 pat butter	1 Fat	6
2 slices toast	2 Bread	4
2 pats butter	2 Fat	6
1 cup milk	2 Milk	1
Tea or coffee	Free	A
MID-MORNING		
½ grapefruit	1 Fruit	3
LUNCH OR SUPPER		
Hamburg or Hot Dog—		
2 medium meat patties or 3 wieners	3 Meat	5
1½ hamburg rolls or 1½ wiener rolls	3 Bread	4
3 pats butter	3 Fat	6
1 tsp. mustard or catsup	1 Cal. - Poor Food	B
Sliced tomato or onion, etc., if desired	1 Vegetable	2B
½ of 6″ banana, sliced	1 Fruit	3
2 social teas (see cookie list) = ½ Bread	1 Vegetable	2A
1 cup milk	2 Milk	1
3 tbsps. cereal cream (10%)	1 Fat	6
Tea or coffee	Free	A
MID-AFTERNOON		
½ cup unsweetened orange juice, fresh, frozen or canned	1 Fruit	3
2 Sunwheat biscuits (see cookie list)	1 Bread	4
MAIN MEAL		
Baked fish—4 pieces each measuring 2″ x 1″ x 1″	4 Meat	5
Slice or wedge of lemon	Cal. - Poor Food	B
½ cup beets	1 Vegetable	2A
½ cup vegetable marrow	1 Vegetable	2B
1 small potato, baked	1 Bread	4
2 slices bread	2 Bread	4
2 pats butter	2 Fat	6
D'Zerta with ½ cup fruit jellied in it	1 Free Food and 1 Fruit	A 3
1 tbsp. whipped cream	1 Fat	6
1 cup milk	2 Milk	1
Tea or coffee	Free	A
EVENING		
Soup—6 level tbsps. canned condensed soup	1 Bread	4
¾ cup milk	1½ Milk	1
6 soda biscuits	1 Bread	4
2 pats butter	2 Fat	6
1 cube cheese 1″ x 1″ x 1½″	1 Meat	5
¼ cup milk	½ Milk	1
Tea or coffee	Free	A

3000 CALORIE DIET

For use in conjunction with the booklet

"Meal Planning for Diabetics in Canada"

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Published for

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by

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UNIVERSITY OF TORONTO

3000 Calorie Diet

Carbohydrate 300 grams; Protein 130 grams;
Fat 140 grams

Total Day's Food Allowance	*Amount*
Milk	8 Exchanges
2A Vegetable	2 Exchanges
2B Vegetable, if desired	2 Exchanges
Fruit	6 Exchanges
Bread	12 Exchanges
Meat	10 Exchanges
Fat	12 Exchanges

Free Food List A—as desired.

Calorie-Poor Food List B—up to two servings daily of size indicated, if desired.

The above food is divided between three meals and three snacks as follows:—

Breakfast	
Fruit	2 Exchanges from List 3
Eggs—2 or Meat	2 Exchanges from List 5
Bread	3 Exchanges from List 4
Fat	3 Exchanges from List 6
Milk	2 Exchanges from List 1
Tea or coffee	Free from List A
Mid-Morning	
Fruit	1 Exchange from List 3
Lunch or Supper	
Meat	3 Exchanges from List 5
2A Vegetable	1 Exchange from List 2A
2B Vegetable, if desired	1 Exchange from List 2B
Bread	3 Exchanges from List 4
Fat	4 Exchanges from List 6
Fruit	1 Exchange from List 3
Milk	2 Exchanges from List 1
Tea or coffee	Free from List A
Mid-Afternoon	
Fruit	1 Exchange from List 3
Bread	1 Exchange from List 4
Main Meal	
Meat	4 Exchanges from List 5
2A Vegetable	1 Exchange from List 2A
2B Vegetable, if desired	1 Exchange from List 2B
Bread	3 Exchanges from List 4
Fat	3 Exchanges from List 6
Fruit	1 Exchange from List 3
Milk	2 Exchanges from List 1
Tea or coffee	Free from List A
Evening	
Bread	2 Exchanges from List 4
Fat	2 Exchanges from List 6
Meat	1 Exchange from List 5
Milk	2 Exchanges from List 1
Tea or coffee	Free from List A

The total day's milk allowance is 8 Exchanges or four 8-oz. cups. This may be used one cup at each meal and the evening snack *or* as desired during the day in tea or coffee, with cereal, in soups, casserole dishes or as a beverage.

3000 Calories SAMPLE MENU No. 1

Breakfast	No. of Exchanges	List No.
1 cup unsweetened orange juice, fresh, frozen or canned	2 Fruit	3
½ cup cooked rolled oats	1 Bread	4
2 eggs, boiled	2 Meat	5
2 slices toast	2 Bread	4
3 pats butter	3 Fat	6
1 cup milk	2 Milk	1
Tea or coffee	Free	A
Mid-Morning		
1 orange	1 Fruit	3
Lunch or Supper		
Soup—3 level tbsps. canned condensed soup	1 Vegetable	2A
Water	Free	
Sandwich—2 eggs or other similar sandwich filling	2 Meat	5
3 slices bread	3 Bread	4
2 pats butter	2 Fat	6
2 tsps. mayonnaise	2 Fat	6
1 cube cheese 1″ x 1″ x 1½″	1 Meat	5
2 slices unsweetened dill pickle	½ Cal. - Poor Food	B
2 stalks celery	½ Vegetable	2B
½ grapefruit	1 Fruit	3
1 cup milk	2 Milk	1
Tea or coffee	Free	A
Mid-Afternoon		
14 grapes	1 Fruit	3
3 arrowroots	1 Bread	4
Main Meal		
Roast beef—4 slices each measuring 4″ x 2″ x ¼″	4 Meat	5
1 tsp. horseradish	Free	A
⅔ cup mashed potato	2 Bread	4
½ cup carrots	1 Vegetable	2A
⅓ cup tomato juice	1 Vegetable	2B
1 slice bread	1 Bread	4
3 pats butter	3 Fat	6
½ cup unsweetened pineapple, fresh or canned	1 Fruit	3
1 cup milk	2 Milk	1
Tea or coffee	Free	A
Evening		
8 Graham wafers	2 Bread	4
2 pats butter	2 Fat	6
1 cube cheese 1″ x 1″ x 1½″	1 Meat	5
1 cup milk	2 Milk	1
Tea or coffee	Free	A

3000 Calories SAMPLE MENU No. 2

Breakfast	No. of Exchanges	List No.
⅔ cup unsweetened pineapple juice, frozen or canned	2 Fruit	3
1 cup puffed wheat	1 Bread	4
1 egg, poached	1 Meat	5
3 strips crisp bacon	1 Meat	5
2 slices toast	2 Bread	4
3 pats butter	3 Fat	6
1 cup milk	2 Milk	1
Tea or coffee	Free	A
Mid-Morning		
½ of 6″ banana	1 Fruit	3
Lunch or Supper		
Macaroni and cheese—		
½ cup cooked macaroni	1 Bread	4
1 cube cheese 1″ x 1″ x 1½″, grated	1 Meat	5
½ cup milk	1 Milk	1
Salt, pepper, pinch of mustard, etc.	Free	A
2 slices cold meat	2 Meat	5
¼ cup canned peas	1 Vegetable	2A
Tossed salad, with 1 tbsp. French dressing	1 Vegetable and 1 Fat	2B 6
2 slices bread	2 Bread	4
3 pats butter	3 Fat	6
1 peach fresh or 2 halves + 2 tbsps. juice of canned dietetic peaches	1 Fruit	3
½ cup milk	1 Milk	1
Tea or coffee	Free	A
Mid-Afternoon		
⅓ cup apple juice	1 Fruit	3
4 Graham wafers	1 Bread	4
Main Meal		
Roast chicken—large serving	4 Meat	5
1 tbsp. artificially sweetened cranberry sauce	1 Cal. - Poor Food	B
½ cup dressing	1 Bread+1 Fat	4 and 6
½ cup turnips	1 Vegetable	2A
½ cup green beans	1 Vegetable	2B
⅓ cup mashed potato	1 Bread	4
1 slice bread	1 Bread	4
2 pats butter	2 Fat	6
⅔ cup fruit salad canned dietetic	1 Fruit	3
1 cup milk	2 Milk	1
Tea or coffee	Free	A
Evening		
Ham sandwich—		
2 slices bread	2 Bread	4
2 pats butter	2 Fat	6
1 slice ham	1 Meat	5
Mustard, if desired	1 Cal. - Poor Food	B
1 cup milk	2 Milk	1
Tea or coffee	Free	A

BISCUIT SUBSTITUTIONS

WESTON'S BISCUITS - Number of biscuits that are equal to 1 slice of bread:

#Cocoanut Snacks	3	Oval Arrowroots	3
#Crackettes	6	Select Tea	4
#Digestive	2½	Saltines	6
#Peanut Cookies	2	Golden Brown Sodas	6
#Macaroon Crisps	1	Vanilla Wafers	3
#Shortbread Fingers	3	Graham Wafers	4
#Oatmeal Crisps	2½	Oatmeal Cookies	1

With each substitution of biscuits in this column, takes off 1 tsp. of butter.

McCORMICK'S BISCUITS - Number of biscuits equal to 1 slice of bread:

#Rob Roy	2½	Graham Wafers	4
#Society	2½	Sunwheat	2
Oval Arrowroots	3	Jersey Cream Sodas	7

Omit 1 tsp. of butter from your diet when these biscuits are used.

CHRISTIES BISCUITS - Number of biscuits equal to 1 slice of bread:

#Ritz	7½	Pantry Cookies	1½
#Cheese Ritz	7½	Digestive	2
Arrowroots	2½	Holland Rusks	1½
Social Tea	4	Premium Sodas	6
Graham Wafers	2½	Sultana	1

Omit 1 tsp. of butter these biscuita are used.

PEEK FREAN (CANADA) LTD. BISCUITS; Number of biscuits equal to 1 slice of bread:

#Digestive	2	Vita Wheat	4
#Shortcake	1½	Arrowroots	3

Omit 1 tsp. of butter when these biscuits are used.

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In place of 5 oz. milk: add 2 tbsp. cream and 1 slices of bread, take off a 5% veg.
In place of 5 oz. milk: add 1 slice bread and 1½ tsp. butter, take off ½ orange.
In place of 7 oz. milk: add 1 orange or 1 10% veg, 1 oz. meat and 2 tsp. butter.
In place of 7 oz. milk: add 2 tbsp. cream and 2 slices of bread.
For ½ cup standard baked custard: take off 5 oz. milk and 1 oz. meat.

BEST-O-MILK is especially beneficial because it has an excess of Solids.

COMPARE THE FIGURES IN THE FOLLOWING TABLE:

FOOD VALUE PER CUP (Approximate Analysis)	Calories	Protein Gms.	Fat Gms.	Carbohydrate Gms.	Calcium Gms.	Phosphorus Gms.	Iron Mg.	Vit. A I.U.	Thiamine Mg.	Riboflavin Mg.	Niacin Mg.	Vit. C. Mg.
MILK — FLUID WHOLE (Fat Adjusted to Canadian Average)	153	8.3	8.3	11.6	.278	.219	.20	(380)	.09	.40	.20	2.0
BEST-O-MILK												
Milk Powder	119	9.4	2.8	13.6	.335	.265	.20	(133)	.10	.50	.27	2.0